

# Winter at the Lockhart Family Nature Center

Lake Forest Open Lands' Calendar of Exciting Events for Children, Families, and Adults...

## YEAR-ROUND



### Nature Birthday Parties

Celebrate your child's next birthday with an outdoor adventure! The party begins with an hour of instructor-led outdoor exploration and activities. Includes a half hour room rental, cake and refreshments of your choice.

Contact Karen Lewis,  
847.482.1928 x3

*Suggested for Children K-5<sup>th</sup> Grade*  
Members: \$175  
Non-members: \$245

## JANUARY



### Adult Natural History Day of the Dog

Saturday, January 19<sup>th</sup>  
10 - 11:30 a.m.

Is there a wolf disguised in your little pug? Join us to discover the true essence of your loyal canine friend. After an indoor presentation, bring your dog on a rover romp with stops along the way to compare human and canine perceptions of the world.

Members: \$15  
Non-members: \$21

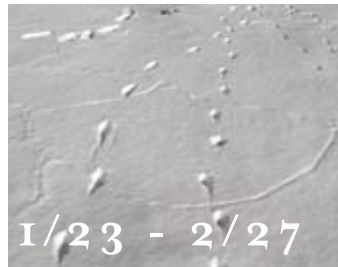


### After School Adventures

Tuesdays, January 22<sup>nd</sup> -  
February 26<sup>th</sup>  
4 - 5:30 p.m.

Join the "Nature Detective Force" to solve winter mysteries and help animals survive. After basic training children receive an official badge and solve a new nature case each week.

Children in 1<sup>st</sup> and 2<sup>nd</sup> grade  
Members: \$100  
Non-members: \$139



### After School Explorers

Wednesdays, January 23<sup>rd</sup> -  
February 27<sup>th</sup>  
4 - 5:45 p.m.

Join the "Border Patrol" to discover the hidden secrets of winter survival. Discover how plants and animals are adapted to withstanding colder temperatures.

Become a master tracker as we search for animal signs and discover how to interpret snow stories. Earn your official tracking certificate after completing a tracking challenge.

Children in 3<sup>rd</sup> and 4<sup>th</sup> grade  
Members: \$105  
Non-members: \$148

## Winter Volunteer Work Day

Join us for our Saturday morning volunteer work session. Connect with the land while learning about the natural world. Wear tough clothing and appropriate footwear. We will provide work gloves. Session runs from 9 a.m. until 12 noon.

- SATURDAY, FEBRUARY 2<sup>ND</sup> -  
EVERETT FARM NATURE PRESERVE

*Trail access and parking are located on  
James Court, east off of Telegraph Road.*

Groups interested in scheduling a personalized volunteer workday should contact Jill London, Restoration Ecologist and Volunteer Coordinator at [jlondon@lfol.org](mailto:jlondon@lfol.org).



1/26 - 3/1

### Parent and Tot Nature Explorers

Saturdays, January 26<sup>th</sup> -  
March 1<sup>st</sup>  
(No class February 16<sup>th</sup>)  
9 - 10:00 a.m.

Imagine hibernating in a groundhog den, hunting for voles or using sharp senses like a hungry fox. Each week we will focus on a native animal and how it survives the winter. We'll follow tracks, read animal stories and make some fun crafts.

Children ages 3 and 4 with one adult  
Members: \$80  
Non-members: \$108



1/28 - 3/24

### Little Trekkers

Mondays, January 28<sup>th</sup> -  
March 24<sup>th</sup>  
(No class February 18<sup>th</sup>)  
1 - 3:00 p.m.

Set out each week on an outdoor adventure to discover the wonders of the winter world. Search for signs of the elusive flying squirrel, find fox tracks and enjoy building snow forts. Warm up by the fire to enjoy healthy snacks and a story.

This fun program is for the curious child who likes to explore and make discoveries.

Children ages 4 and 5  
Members: \$160  
Non-members: \$225

Member registration begins December 10<sup>th</sup>  
Non-member registration begins December 17<sup>th</sup>

Call 847.482.1928 to register or visit [www.lfol.org](http://www.lfol.org)

*All programs meet at the Lockhart Family Nature Center,  
350 N. Waukegan Road, unless otherwise noted.*

# Enroll in Lake Forest Open Lands' Winter Classes

Call 847.482.1928 or visit [www.lfola.org](http://www.lfola.org). Member registration begins December 10<sup>th</sup>, non-member December 17<sup>th</sup>.

All programs meet at the Lockhart Family Nature Center, 350 N. Waukegan Road, unless otherwise noted.

## FEBRUARY



2/2

### Family Program Winter Open House

Saturday February 2<sup>nd</sup>

1 - 3:00 p.m.

Don't stay indoors this winter season. Join Elliot Bennett, R.E.I. Outreach Specialist to learn about dressing for the cold. Discover the age old sport of snowshoeing and the latest on cross country skiing equipment. Join Open Lands Education staff on an outdoor tracking excursion.

Members: Free

Non-members: \$5/person



2/23

### Adult Natural History Sustainability Workshop

Saturday February 23<sup>rd</sup>

1 - 2:30 p.m.

Have you ever wondered what really happens to recyclable plastics or how long it takes for them to break down in a landfill? Our daily lifestyle choices, from energy uses to product selection, impact the Earth and all of the plants and animals that share it with us. Join Marion Cartwright as we explore ways we can choose more sustainable practices in our daily lives.

Members: \$10

Non-members: \$14

## MARCH



3/15

### Adult Natural History Native Landscaping Workshop

Saturday, March 15<sup>th</sup>

9:30 a.m. - noon

Join Restoration Ecologist Ryan London as he shares his success with restoring his own yard with native plants. Learn how to choose the right plants for growing conditions and how to identify and fight aggressive non-native species. Rain gardens, prairie islands and woodland restoration techniques will be covered.

Members: \$20

Non-members: \$28

## SUMMER CAMP '08



### Eco-Adventure Camp

Monday - Friday

9 - 3:00 p.m.

#### Session One:

June 16<sup>th</sup> - July 3<sup>rd</sup>

#### Session Two:

July 14<sup>th</sup> - August 1<sup>st</sup>

This treasured summer experience is the signature of Lake Forest Open Lands' education programming. Through three fun-filled weeks, campers explore the wild places of Lake Forest in canoes, kayaks, on bicycles and foot. Participants are taught wilderness and leadership skills through positive outdoor experiences. Field trips and an overnight camp-out complete the experience.

**We hope your child will join us for this exploration of our local natural areas.**

Children entering 4<sup>th</sup> or 5<sup>th</sup> grade in the fall of 2008

Members: \$825.00

Non-members: \$890.00



One of the greatest gifts we can give our children is to share a love of nature. New research confirms that time outside has significant health and learning benefits. With the prevalence of the Internet, video games and green space lost to development, this generation of children is more disconnected from nature. Lack of unstructured outdoor playtime may be linked to childhood obesity, attention

deficit disorder, depression and other health problems.

Fortunately this serious problem has a simple solution- take your child outside! Open Lands joins Chicago Wilderness' initiative "Leave No Child Inside" to offer special programs, provide information to improve children's health and foster generations who care for nature.

For more information on this initiative visit [www.KidsOutside.info](http://www.KidsOutside.info) or read Richard Louv's book, *Last Child in the Woods: Saving our Children from Nature Deficit Disorder*.

leave no



child inside  
a chicago wilderness initiative